

TO-DAY'S
Beauty
Treatment
FOR
WALLS and CEILINGS
is Inexpensive
Easily Applied



Albastine
ON SALE EVERYWHERE IN CANADA

Work Of The Red Cross

BOTH IN PEACE and war the Red Cross organization has conferred untold blessings upon humanity. But it is during the stress of war that the humanitarian efforts of the Red Cross are brought more intimately to the attention of the public. The good work accomplished during peace-time in the Red Cross is well known. Whether it is the work of the Red Cross in the out-of-hospital hospitals, the provision of hospital beds for the isolated sections, and the results attained in the care of crippled children have been manifold. Many children afflicted with deformities have been brought back to normalcy and returned to their homes to take their proper place in society. During the distressing economic period through which we have recently passed, the Red Cross has been a great help to the people in the administration of the Red Cross.

It is only by voluntary contributions received from the public that this work can be carried on. Practically the whole amount of subscriptions thus received are devoted to relieving distress, as the cost of administration has been kept down to a minimum.

Has Wide Activities War with its horrors but serves to increase the activities of the Red Cross and widen its scope of usefulness. Immediately upon the outbreak of war, no time was lost in going into action. Always prepared to deal with any emergency, there had been no limitation placed on the diversity of its activities. Canadian Red Cross units have been sent to Great Britain by sea to help the British in their air raid victims, as well as surgical dressing, thirty-six mobile kitchen units equipped to go into bombed areas were presented to Britain's fire fighters. An immense amount of clothing was sent overseas for the comfort of the men in the service. Canadian Red Cross units have been sent to the aid of Canadian women working for the Red Cross in the cities, towns and villages throughout the Dominion, and who have been ceaselessly engaged in knitting comforts for the soldiers, sailors and airmen. One is impressed by the vast quantity of knitted articles that have been received from women residing in the agricultural areas of Western Canada.

Aid For War Prisoners The Canadian Red Cross is planning to send two million parcels of food to British prisoners of war by the end of this year. The packing of food parcels for prisoners of war commenced last year, and reached a total of 225,000 in a year, and to date, end of 1943, 612,944 parcels were shipped to British prisoners in enemy countries. In some reports to the contrary, these parcels are being received by the prisoners, and do not fall into the hands of the enemy. A card system has been devised whereby all parcels so delivered are acknowledged by the recipient, and the Canadian Red Cross is responsible for the parcels. The Canadian Red Cross is that of providing food and necessities for their prisoners. In the last war, many prisoners have reported that they would not be alive today if it had not been for the parcels of food regularly received. Indeed, the inception of the Red Cross was largely for this purpose. The International Red Cross was founded in Geneva, Switzerland, in the year 1864, and its object then was to give aid to sick and wounded soldiers.

Raid On Norway

Winnipeg Pilot Receives Recognition For Daring Work

Some time ago, Sgt. Air Gunner William Garton of Winnipeg, Man., the son of Major M. H. Garton, who is distinguished as the author of the Fort Osborne Barracks in Winnipeg, took part in one of the most successful operations ever carried out by Lockheed Hudson bombers of Coastal Command.

This was a heavy raid on Alesund, Norway, and Sgt. Garton was rear gunner in a Hudson from an R.A.F. squadron. The pilot of the aircraft cut the engine at 6,000 feet and dive-bombed the target, raiding, got a personal letter of congratulation from Britain's Air Ministry.

Today, as a pilot officer, he is serving in a Lockheed Hudson squadron of the R.C.A.F. in Britain—a famous squadron which is well known throughout many parts of Canada as it comes to replace R.A.F. crews transferred to other units. He was commissioned very recently.

Sgt. Air Gunner Garton, who is to fly in the same aircraft as the squadron commander, Wing Commander A. C. Brown, D.F.C., came to England three months after enlisting—in December, 1940—as a wireless operator with the rank of lance corporal. He completed his air gunner's course and flew with a Royal Air Force coastal squadron until he was transferred to the R.C.A.F. unit.

GREAT HOPE TO PILOTS Ultra-violet lamps developed by engineers have taken to the air to help make flying safe, lighting airplane instruments and illuminating the pilot's cabin in dark nights. Invisible radiation from these four-watt bulbs causes fluorescent coating on the glass to glow in the dark.

Black, Red, White and Yellow are the names of seas.

One Of Wise Men

Winston Churchill Knows Light Exercise Best After Middle Age

Winston Churchill is one of the men who have tapered off exercise as the years go by, and he has done so with great pleasure.

He has enjoyed polo and beyond his middle age, mounted on a pony like a small cart horse, and girded with a belt as wide as a woman's waist, he has continued to ride.

He has been a great walker, too, but one of his male employees observed that he did not like to bend to get his bricks. Now he takes no exercise beyond a walk. But he walks fast and springily. He is noticeably taller and lighter, weight now that he was when on the outside, protesting and prophesying.

For this performance, the Royal Flying Corps trained pilots and observers at Camp Borden, Ont., during the First Great War.

AIR TRAINING PLAN

LIST OF GRADUATES

The following students graduated under the Canadian Commonwealth Air Training Plan from No. 7 Bombing and Gunnery School, Paulson, Man. (Air Observers)—
Sgt. R. D. Bowes, Cayley, Alta.
Sgt. R. D. Bremner, Winnipeg, Man.
Sgt. T. W. Foy, Fredericton, N.B.
Sgt. M. J. Power, Galt, Alta.
Sgt. E. H. Parker, Lethbridge, Sask.
Sgt. D. C. Prowes, Tabor, Alta.
Sgt. G. W. Smith, Galt, Alta.
No. 7 Bombing and Gunnery School, Paulson, Man. (Air Gunners)—
Sgt. G. A. Hall, Minnedosa, Man.
Sgt. G. M. Thornton, Hinton, Man.
No. 3 Bombing and Gunnery School, Dafoe, Sask. (Air Gunners)—
LAC H. W. Ames, Provost, Alta.
LAC C. C. Bell, Galt, Alta.
LAC J. D. Ryan, Lumsden, Sask.
LAC G. W. Wilkin, Yellowgrass, Sask.

Of Interest To Rural Communities

The winter series of the Canadian Farm Radio Forum having concluded, it has been decided to carry on the series in the spring. It will be in new series of 15-minute broadcasts to be heard monthly instead of weekly. The purpose of the Canadian Farm Forum is to apply themselves to immediate wartime problems of agriculture, as well as to other topics generally, as in the winter series.

CBBC's National News Survey, which is estimated to have the largest Canadian audience, any programme in any category, went a new time in April. At 8:00 a.m. Central, 10:00 a.m. Mountain Daylight Time, and the arrangement is to have a new time in each of the new National Daylight Survey law, is likely to be permanent. CBBC will be heard on the following stations: WGB Whitby, Lorne Green, Larry Henderson, and The Devil's Advocate, all of the Prairie Region Broadcasts from Winnipeg. It will be heard at intervals throughout the day. Broadcasts on news reports on CBBC is heard from head office, and from regional stations in each of the Prairie Region. The daily Farm Broadcasts, and 6:30 p.m. C.D.T., 10:30 p.m. C.D.T., 11:45 a.m. M.D.T.; 12:45 p.m. C.D.T., 12:30 a.m. daily Farm Broadcasts, and 6:30 p.m. C.D.T., 7:30 p.m. M.D.T. In the evening, 12:30 a.m. M.D.T.; 1:30 a.m. C.D.T.; 2:30 a.m. C.D.T.; 3:30 a.m. C.D.T., 7:00 a.m. M.D.T.; and 8:00 a.m. C.D.T. The CBC News Broadcast is broadcast twice daily, at 11:00 a.m. C.D.T., 10:00 a.m. M.D.T., and 5:45 p.m. C.D.T., 4:45 p.m. M.D.T.

ARE WELL REPRESENTED More than 1,200 Indians have enlisted in the Armed Forces in the present war, and it is believed to be considerably more. Final reports from agencies received, the Mines and Resources Department reported.

Trade Cope: "Use your noodle, you're the one for the job!"

Lady: "My goodness, what is it? I've pushed and pulled everything in the car."

A recent Chilean law requires that 10 per cent of all building construction costs be devoted to sculpture and decorative art.



NOW'S
THE TIME
for
BIG BEN

CHewing TOBACCO

SMILE AWHILE

"He's a man of few words, isn't he?"
"Yes—so he was telling me all this morning."

"I notice that the Beatles seem to get along better these days."

"Ever since he was home this spring and saw the girl he was in love with 20 years ago."

"A man applied at a recruiting office to enlist."

"Officer—I suppose you want a commission."

"Recruit—No, thanks. I'm such a poor shot, I'd rather work on a straight salary."

"Marie—So you managed to get a man from the bank? You must have had good paper."

"Claribel—I did. I have some love letters the president once wrote me."

"She: 'Do you love me for myself alone?' He: 'Yes and when we're married I don't want any of the family thrown in.'"

Trade Cope: "Use your noodle, you're the one for the job!"

Trade Cope: "How often do we people search for a gas leak with a naked light?"

Lady: "Just once, sir."

Sunday School Teacher: "Can any of you little girls tell me who lived in the Garden of Eden?"

"Yes teacher—the Adamases."

The Individual Citizen's Army

A Weekly Column About This And That In The Canadian Army.

By Alan Maurice Irvin

Did you know that men faint at the sight of blood, or at the thought of it, or that some women do the same fact? Please note that a fact from the strict angle of the clinical records of many cases that should accompany a medical statement, but—at least in this case—this is not a fact!

This statement comes from a British worker in the Ottawa Blood

Donor Clinic of the Red Cross.

Five days a week at that establishment

streams of men and women go to offer one pint of blood to be made into plasma and shipped to England for Canadian soldiers and bombed British civilians.

For some reason or other—largely personal to the donor—some of the volunteers faint—some of the donors faint. It can't be from loss of blood—many a soldier has lost more than that much blood and still lives. It must therefore be something else.

It is a matter of complete chumness.

It is hardly likely the reason is delicacy—for, in most cases, the fainter is apt to be a big husky male, while a little half-pint of a woman is not bothered at all.

At the time of the first donation six men were sitting in the room enjoying the hot, sweet tea or coffee that is given to each donor while he rests for a few moments.

One of them got up. He was followed in a matter of minutes by four of the remaining five.

What has all this to do with the Individual Citizen's Army?

Quite a lot.

To one thing—and I should make it clear that many more people give their blood without fainting than do do faint—there is no better way to do it than to have a good, decent and easy place to sit.

For another, this gives one example of why it is necessary for us to go to great lengths to have a good place to sit.

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Two facts—it is against the law to sugar, and that the Red Cross Blood Donor Clinic can't sugar—go together.

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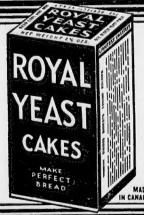
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Only
2¢ per
cake
to insure
sweet,
tasty bread



FULL STRENGTH
...DEPENDABLE
IN THE AIRTIGHT
WRAPPER

Proud Of Her Job

Cree Indian Girl From Saskatchewan

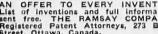
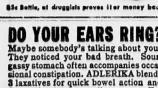
Aircraft woman Gladys Dreaver, a Cree Indian girl from a Saskatchewan reservation and a member of a family that has served the Empire for generations, is serving in the Canadian Women's Auxiliary Flying School at No. 6 Service Flying Training School, R.C.A.F., Brandon, Ont., and is proud of the job she is doing. Her sister, Dorothy, is a welder, and before her enlistment was an assistant in an Indian hospital in Saskatchewan.

She is proud of her family's service record. Her father, a veteran of the First Great War, when he was with the engineers, is back this war. His Guardsman Joseph Dreaver. Her two brothers are also on active service. Little Constantine Dreaver is overseas, and Private George Dreaver, the youngest, is in a trade school at Saskatoon.

Aircraftwoman Dreaver is on general duty. She is the only Indian girl with the Canadian Forces welcomed recently by Group Captain A. H. Hull, officer commanding No. 6 S.F.T.S. Her hospital work among the Indians has fitted her well for service.

We have two jobs this way so far as Italy is concerned. First, she must be knocked out of the war. Then we must watch out that she doesn't become our ally.

A fruit which, in consistency and taste, resembles a hard-boiled egg, grows on the camellia tree of Latin America.



Standing On Guard

Saskatchewan Regiment Occupies Position On England's Southern Front

More than 800 members of the Saskatchewan Regiment are on guard these days in strategic positions on England's southern front. They garrison an ancient town, man neighboring defence areas and train steadily for whatever the future may bring.

The R.S.R. is working furiously at offensive training, a battle drill school is going strong and training includes the teaching of command tactics.

For we have to ask for volunteers for a commando operation, we think the whole battalion would stop forward," said Major H. T. Kempton of Weyburn, Saskatchewan, in command.

At his London headquarters in a Queen Anne mansion the staff directs the regiment's activities. A new lieutenant-colonel, a Vancouver soldier who fought with the 46th Battalion in the war and was with the Military Commandos in command.

On a training area in rolling hills the British gun carrier platoon recently was going through its paces with the 105-mm. mortar platoon, which carries its weapons to firing locations by carriers.

Headquarters company commander, Major James McTee of Weyburn, watched his troops as they came into the camp, marched in V formation and bobbed down the steep incline with the ease of a slow-moving sled.

This compact armoured force, with tanks, lorries, riding behind, swept across the floor of the valley and lunged up a 45-degree bank on the opposite side. The Saskatchewan lads handled their Canadian-made vehicles as easily as motor cars on a road trip.

The mortar platoon quickly set up a three-inch mortar, a clump of bushes on a hilltop which would give a range of 10,000 yards over the valley.

Five miles away in the park the battle drill school was operating under Major J. C. MacTravish of Moose Jaw. Sergeant-instructors included Jim McAvoy of Perth, Ont.

A Real Danger

Everyone Should Remember That Careless Talk May Cost Lives

Carries a Chief Message in the British newspaper, he has been torpedoed and reported dead four times. He is convinced, says the New York Times, that on one occasion the loss of his ship and the destruction of his plane was caused by the last and needed to be reminded:

As far as I am concerned, the last war was the most terrible I ever saw. The war, he said, was the result of talk by some one who meant no harm.

When a man like Harvey speaks out on the subject he is talking about the safety of his ship and crew, shocked by the amount of military information he has heard bandied about in this country. He warns us against a real danger, and one which cannot easily be removed.

Yours sincerely, a British newspaper for news of British blitzes which might free some of the countries dominated by Adolf and his cronies. It is the best way of getting rid of a letter in the mail box without any other of checking to see whether you can or not will be a pleasure once more.

Arrangements have been made for the exchange of British mail to facilitate the sending of brief messages between persons in Canada and relatives and friends in enemy and neutral countries.

These are limited to 20 words and are exchanged through the International Red Cross committee at Geneva, Switzerland.

Causes of Many Common Fractures In People Past Middle Life

"Eat what you first, and what you like," said Dr. Elizabeth St. John, of the Hospital for Sick Children, Toronto, who advised a large gathering in Trinity United Schoolroom at the annual meeting of the Burlington branch of the Victoria Order of Nurses.

Dr. St. John, a nutritionist, said women were markedly deficient in calcium and iron, she said. Common fractures in those past middle life were due to the lack of calcium in the diet succeeding over a period of years. She dealt with proteins and other elements, giving a table of balanced diet.

Lack of Calcium

Causes Many Common Fractures In People Past Middle Life

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Different This Time

Shoes Will Be Cheaper Than They Were During Last War

Foot and shoe manufacturers are to be subsidized to the extent of seven per cent. of the price of their wares it is stated. Canadians who remember when the price of the former was raised the price of a pair of shoes up to about \$10 to \$20 pair from a scale of \$3.30 to \$6.99 or so will rejoice in the thought that this time the price will be lower. They will resort to running shoes in lieu of walking on their uppers. Nor may they have to give up butter for oleomargarine or pay \$1 to \$1.20 a dozen for eggs—Montreal Gazette.

The average man has 200 pairs, each about .006 inch in diameter, on his feet.

It isn't so hard to live on a small salary if you don't spend too much trying to keep it a secret.

Duke's advice is that she doesn't have to spend much money she has to spend on clothes, she said, much like the rest of us. The only difference is that she knows we have and we hope we have.

The Spaniards established the first

permanent colony in New Mexico in 1598 at San Gabriel.

4251

When Chest Colds Strike Give-

give the important job of relieving misery to the IMPROVED Vicks treatment. It relieves in 3 minutes and makes good old Vicks VapoRub give BETTER THAN EVER RESULTS.



ACTS 2 WAYS AT ONCE to
bring relief . . . PENETRATES to upper
respiratory passages via sooty
dust vapors . . . STIMULATES chest
and back surfaces like a warming poultice
and eases muscular soreness or
tightness, and brings real comfort.

For Better Results
VICKS
VAPORUB
The Improved Way

Since Outbreak of War

Mail Service Now Suspended Between

Canada and Forty Countries

It takes longer to get a stamp and a stamp and a flip into the nearest mail box to make sure your letter reaches its destination these days, because Canada now lists 40 countries to which mail service has been suspended since the outbreak of the war.

So you have to be mighty careful to pick an address in a country that gets mail from Canada if you want your missive or parcel to arrive anywhere.

Don't bother sending any mail to these countries:

Austria, Austria, Bulgaria, Bulgaria, Czechoslovakia, Denmark, Estonia, Ethiopia, Eritrea, Formosa Occupied France, Indo-China, Greece, Holland, Hungary, Karafut, Latvia, Lithuania, Luxembourg, Libya, Malta, Norway, Norway, Poland, Portugal, Spain, Slovakia, British Somaliland, Sweden, Yugoslavia and Thailand.

As far as possible, however, fight for the right war, old Dobbin promises to come back to his home.

Postmen are told to keep it right to mean that, and in increasing measure

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